

CHRISTIAN PSYCHOLOGIST ADMITS HE "HASN'T GOT A CLUE"

February 7, 1996 (David Cloud, Fundamental Baptist Information Service, P.O. Box 610368, Port Huron, MI 48061, 866-295-4143, fbns@wayoflife.org) -

In an interview with Christianity Today, Psychologist and Counselor Larry Crabb admitted that "at one level, I haven't got a clue what I'm doing" (CT, August 14, 1995, p. 17). This is the most honest admission we have heard in a long time. Every psychologist, if he were honest, could make the same statement.

Crabb, founder and director of the Institute of Biblical Counseling in Morrison, Colorado, is the author of a number of popular books, including Inside Out and Finding God. In recent months he has been warning somewhat against the popular models of Christian therapy and counseling and pointing people back to the churches and pastors (though he does not say psychology is totally unnecessary). Consider some excerpts from the interview:

"The church has bought into the idea that its spiritual role is a very limited one. ... The underlying assumption is that spiritual resources aren't sufficient to deal with what's going on--that only people with massive levels of professional training can help. **ULTIMATELY, WE'RE SAYING THE SCRIPTURES AND CHRISTIANITY DON'T MEANINGFULLY ADDRESS THE CORE CONCERNS OF OUR LIVES.**

"We can't diagnose what's really happening in people's souls--not the way my dentist can when he looks at x-rays and tells me what's wrong with my tooth. He's not pretending; he knows. He's an expert. But as a psychologist, I don't know, and it's not because I'm stupid or poorly trained; **IT'S BECAUSE THERE'S NO SUCH THING AS A SCIENTIFICALLY TRAINED EXPERT ON THE SOUL.**

"...theologically I am more comfortable with a dichotomist position--that human beings consist of spirit and body--than a trichotomist one [which includes the psych]. This leads me to suggest that **WHAT WE CALL EMOTIONAL/PSYCHOLOGICAL PROBLEMS ARE REALLY SPIRITUAL/THEOLOGICAL ONES; THAT NONORGANIC PROBLEMS REALLY STEM FROM A TROUBLED SOUL, NOT SOME DAMAGED SELF, which psychotherapists claim to fix....**

"The primary context for healing, then, should be the Christian community, not the antiseptic world of a private-practice therapist. ...

"There's obviously a need for professional counselors for hurting folks who cannot find the kind of help that should be available elsewhere. ...

"I believe I've been complicated for 25 years and am now finding a little bit of simplicity. ...

"At one level, I haven't got a clue what I'm doing. But I have a couple of central convictions, and I don't think I've ever felt more directly led by the Lord."

This is a very sad testimony. Our society has exalted professional therapists to the place, almost, of God. What they are doing would require God's omniscience. They would have us think they are able to look into the soul and to diagnose and heal the soul's deepest troubles. Larry Crabb now admits that he cannot do that and that "there's no such thing as a scientifically trained expert on the soul." He is correct. Yet he still thinks "professional counselors" are needed. If they cannot heal the soul, why are they needed? We have one word of advice to Dr. Crabb and all other Christian psychologists: Throw away your psychology books and your humanistic counseling techniques and disband your counseling ministries and return to the simple New Testament faith.

The child of God has everything he needs spiritually and emotionally and psychologically with Jesus Christ, the Holy Spirit, the New Testament church, and the Bible. They are sufficient. The Bible is able to make the man of God "perfect, thoroughly furnished unto all good works" (2 Timothy 3:16,17). What more can a Christian need?